

SIT UP

SIT UP												
MALE						FEMALE						
POINTS	AGE 13	AGE 14	AGE 15	AGE 16	AGE 17+	POINTS	AGE 13	AGE 14	AGE 15	AGE 16	AGE 17+	POINTS
100	51	55	60	62	65	100	43	45	46	50	51	100
95	46	50	52	56	59	95	38	40	41	43	45	95
90	43	45	50	51	54	90	35	36	38	40	41	90
85	40	43	46	49	50	85	32	34	35	37	38	85
80	39	41	44	46	49	80	31	32	33	35	35	80
75	36	40	41	44	46	75	30	30	31	32	33	75
70	35	37	40	42	44	70	28	29	30	30	31	70
65	34	36	38	40	41	65	26	27	28	30	30	65
60	32	34	36	38	40	60	25	26	27	28	29	60
55	31	33	35	36	38	55	24	25	25	26	26	55
50	30	31	33	35	35	50	22	23	24	25	25	50
45	28	30	31	32	34	45	21	21	22	22	23	45
40	26	29	30	30	31	40	20	20	20	20	20	40
35	25	26	28	30	30	35	18	18	19	20	20	35
30	23	24	25	26	27	30	15	15	15	16	16	30
25	20	21	22	24	24	25	13	12	12	12	12	25
20	16	17	20	20	20	20	10	9	9	8	7	20
15	10	10	10	10	10	15	9	8	8	7	6	15
10	9	9	9	9	9	10	8	7	7	6	5	10
5	8	8	8	8	8	5	7	6	6	5	4	5
0	0	0	0	0	0	0	0	0	0	0	0	0

SIT UP

PUSH UP

PUSH UP												
MALE						FEMALE						
POINTS	AGE 13	AGE 14	AGE 15	AGE 16	AGE 17+	POINTS	AGE 13	AGE 14	AGE 15	AGE 16	AGE 17+	POINTS
100	43	49	53	59	62	100	33	33	35	37	40	100
95	38	41	46	50	55	95	27	29	30	30	32	95
90	33	36	41	45	50	90	23	25	26	27	30	90
85	30	33	38	41	45	85	20	21	23	25	25	85
80	28	30	35	39	41	80	19	20	21	22	23	80
75	25	29	31	35	40	75	16	18	20	20	20	75
70	23	26	30	32	35	70	15	16	18	19	20	70
65	21	25	28	30	33	65	13	15	15	16	17	65
60	20	220	25	29	30	60	12	13	15	15	15	60
55	18	20	23	26	30	55	10	11	12	13	14	55
50	16	20	21	24	26	50	10	10	11	11	12	50
45	15	17	20	21	24	45	8	9	10	10	10	45
40	13	15	18	20	21	40	7	7	8	9	10	40
35	11	13	15	18	20	35	5	6	6	7	7	35
30	10	11	13	15	17	30	4	5	5	5	5	30
25	7	9	10	12	14	25	3	3	3	3	3	25
20	5	6	7	10	10	20	1	2	2	1	1	20
15	1	2	3	4	4	15	0	0	0	0	0	15
10	0	0	0	0	0	10	0	0	0	0	0	10
5	0	0	0	0	0	5	0	0	0	0	0	5
0	0	0	0	0	0	0	0	0	0	0	0	0

PUSH UP

ENDURANCE RUN												
	MALE						FEMALE					
POINTS	AGE 13	AGE 14	AGE 15	AGE 16	AGE 17+	POINTS	AGE 13	AGE 14	AGE 15	AGE 16	AGE 17+	POINTS
100	6:55	6:37	6:26	6:17	6:10	100	8:16	8:14	8:13	8:07	8:02	100
95	7:22	7:05	6:52	6:42	6:35	95	9:01	9:00	8:57	8:50	8:43	95
90	7:48	7:28	7:13	7:02	6:54	90	9:37	9:34	9:31	9:24	9:15	90
85	8:11	7:49	7:33	7:20	7:11	85	10:06	10:00	10:00	9:52	9:44	85
80	8:30	8:09	7:53	7:39	7:28	80	10:33	10:27	10:24	10:17	10:07	80
75	8:51	8:30	8:12	7:57	7:45	75	10:59	10:53	10:50	10:42	10:31	75
70	9:15	8:52	8:33	8:15	8:02	70	11:22	11:17	11:14	11:06	10:56	70
65	9:37	9:13	8:55	8:35	8:21	65	11:49	11:42	11:41	11:30	11:20	65
60	10:00	9:36	9:17	8:57	8:40	60	12:11	12:04	12:01	11:56	11:43	60
55	10:24	10:00	9:40	9:20	9:02	55	12:35	12:33	12:30	12:19	12:05	55
50	10:48	10:23	10:03	9:45	9:25	50	13:00	12:55	12:45	12:45	12:32	50
45	11:14	10:48	10:30	10:09	9:51	45	13:25	13:20	13:11	13:09	13:00	45
40	11:40	11:15	10:58	10:36	10:17	40	13:55	13:50	13:41	13:38	13:30	40
35	12:06	11:47	11:29	11:07	10:50	35	14:25	14:20	14:13	14:08	14:00	35
30	12:45	12:19	12:02	11:44	11:26	30	15:00	14:59	14:51	14:40	14:39	30
25	13:20	13:00	12:43	12:24	12:07	25	15:26	15:25	15:20	15:10	15:02	25
20	14:07	13:48	13:32	13:15	13:00	20	16:16	16:15	16:12	16:03	15:48	20
15	15:00	14:53	14:41	14:30	14:15	15	17:31	17:31	17:25	17:24	16:50	15
10	16:36	16:18	16:13	16:10	16:01	10	19:41	19:37	19:32	19:20	18:30	10
5	30:00	30:00	30:00	30:00	30:00	5	30:00	30:00	30:00	30:00	30:00	5
0	59:00	59:00	59:00	59:00	59:00	0	59:00	59:00	59:00	59:00	59:00	0
ENDURANCE RUN												